



TRUSTEES ANNUAL REPORT

For the period of from 01/04/2024 to 01/04/2025

Section A : Reference and administration details

Charity Name: **KICK START FC**

Registered Charity Number: **1203577**

Charity's Principal Address: **6 Central Street, Ludgershall, Nr Andover, Hants**

Postcode: **SP11 9RA**

Trustees:

Michael Cunningham - Chairperson

Jessica Stapley

Adonis Tingzon

Jayne Spanswick

Vince Green

Section B : Structure, governance and management

Type of governing document: **Constitution**

How the charity is constituted: **CIO**

Trustee Selection Methods: **Appointed by trustees**

Section C : Objectives and activities

Summary of the objects of the charity set out in its governing document:

1) The promotion of community participation in healthy recreation in Wiltshire, Hampshire, and the surrounding areas by the provision of facilities for playing football.

(For the purposes of this clause 'facilities' means land, buildings, equipment, access to coaching and organising sporting activities).

2) The preservation and protection of good mental health using the medium of football and by providing access to workshops and discussions covering a range of topics relating to mental health, including but not limited to coping strategies mental health awareness and self-care techniques.

Summary of the main activities undertaken for the public benefit in relation to these objects:

Service users are welcomed into a safe, inclusive environment where they can take part in football-based activities designed to support their wellbeing. Our sessions offer more than just physical exercise—they create opportunities for connection, build resilience, and empower individuals with tools to better manage their mental health.

Our football therapy sessions take place every Wednesday and Thursday at the Aspire Defence Astroturf in Tidworth and are facilitated by trained volunteers. Each session is thoughtfully designed to support people experiencing mental health challenges through structured football activities. Participants develop transferable skills such as communication, teamwork, leadership, and problem-solving, while also increasing physical activity and helping to reduce symptoms of stress, anxiety, and depression.

Section D : Achievement and performance

The charity has hosted over 190 football therapy sessions for the benefit of over 220 service users with an increase coming from our Youth Football Therapy service. Our service has seen us recognised by our local Football Association for 'Grassroots Excellence'.

Our volunteers were recognised by our local town council for the work they do in our local community to support people with their mental health.

Section E : Financial review

Brief statement on the charity's policy on reserves: **The charity operates a basic reserves policy to cover immediate expenses.**

Details of any funds materially in deficit: **None**

Section G : Declaration

The trustees declare that they have approved the trustee's report above. Signed on behalf of charity's trustees.

Signature:



Full name: **Michael Cunningham**

Position: **Chairperson**

Date: **25/02/2025**

RECEIPTS AND PAYMENTS ACCOUNTS

For the period of from 01/04/2024 to 01/04/2025

Kick Start FC

Registered Charity Number 1203577

OUTGOINGS		
Expenditure		Total
Pitch Hire	£	5,987
Marketing	£	2,829
Equipment	£	455
Affiliation and Insurance	£	226
Events	£	1,943
Charity Activities	£	2,496
	£	13,936

INCOMINGS		
Incomings		Total
Charity Beneficiaries	£	8,977
Marketing	£	478
Service User Donations	£	1,117
Charity Activities	£	9,115
	£	19,687

TOTAL		
Account at 01/04/2024	£	2,758
Expenditure	£	13,936
Incomings	£	19,888
Account at 01/04/2025	£	8,710

Signed by one of two of the trustees on behalf of all trustees.

Signature:



Full name: **Michael Cunningham**

Date: **25/02/2025**